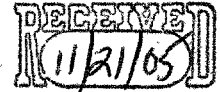




November 10, 2005

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Office of Nutritional Products Labeling and Dietary Supplements
Division of Compliance and Enforcement
Dietary Supplements Branch (HFS-810)
Food and Drug Administration
200 "C" St. S.W.
Washington, D.C. 20204

To Whom It May Concern:

Nature's Way Products, Inc. wishes to notify the Food and Drug Administration that it has commenced marketing a dietary supplement which bears a statement under Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act.

The dietary supplement for which the statement is made is EFAGold® Mood Aid™. The dietary ingredient that is the subject of the statement is Fish Oil. The statement reads as follows:

"For Healthy Emotional Balance. Clinical studies show that supplementating the diet with EPA helps promote a positive mood and healthy emotional balance. Research suggests a correlation between consuming more omega-3 fatty acids from fish and better emotional health. Omega-3 fatty acids also promote cardiovascular health."

This statement is accompanied by the required disclaimer which is prominently displayed in bold-faced type.

The information contained in this notice is complete and accurate and the above statement is based on data which renders these statements substantiated, truthful and non-misleading.

Sincerely,

NATURE'S WAY PRODUCTS, INC.

Gordon M. Walker
General Counsel

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Regulatory\STRUCTURE-FUNCTION\NW-Notices-EFA Gold Mood Aid

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